



WELLBEING WORKSHOP

Are you struggling with your health? Would you like to have more tools in your toolkit to improve your wellbeing?

Join the Physical and Mental Wellbeing Workshops. These 2 series of 6 customised workshops will be practical and based on your own challenges and experiences.



Tailored small group workshops for individuals wanting support with overall health

10, 17, 24, 31
AUGUST
7 AND 14
SEPTEMBER

1:00PM TO 2:30PM

19 FERRERS
STREET, MOUNT
GAMBIER

GOLD COIN
DONATION

FACILITATED BY
ACCREDITED SOCIAL
WORKER – ANITA
FRANKLIN

REGISTER:

THE JUNCTION

19 Ferrers street, Mount
Gambier

04 7788 6450

junctioncoord@gmail.com